

# WEEK

# 5

# SHOOTING

30min - twice a week



## ZOE DIAMOND – STEPH PERCH

## LAUREN JACKSON

Arguably Australia's best ever.

Played for the national team at 16years old- WNBA hall of famer and multiple olympic games

### short breaks in between fitness component

### no breaks during passing session

## FITNESS

Push Ups Workout

Sit Ups Workout

Tabata Style Workout

20 seconds max push ups

10 sec rest

20 seconds max sit ups

10 sec rest -

break between fitness workout and shooting however only one break once shooting challenge is completed. Ensure you are completing the tasks using correct shooting technique.

## SHOOTING

Keep a tally of all the shots you have taken to complete the shooting workout.

Repeat the drill daily and record your results.

Extra Challenge: Time how long it takes to complete the task so you have 2 targets to meet. Accuracy & Speed.

Ensure you are completing the tasks using correct shooting technique.

Keep a tally of all the shots you have taken to complete the shooting workout.

Repeat the drill daily and record your results.

Extra Challenge: Time how long it takes to complete the task so you have 2 targets to meet.

Accuracy & Speed.

# 100 Shot Challenge

How many shots does it take you to hit the targets???

<b>Drill</b>	<b>Description</b>	<b>Make</b>	<b>Example Date: 25/4</b>	<b>Date:</b>
Form Shooting	one handed, close in, straight in front	10	10/25 attempts	10/
Mikan Drill	off the backboard, close in left side then right side, alternating	10	10/19 attempts	10/
Block Shots	Alternating, taking shots from the big block (side of key	10	10/22	10/
Free Throws	Taking time, shooting from the FT line	10	10/15	10/
One Dribble Lay Ups	alternating shooting lay ups, one dribble from the elbow	10	10/12	10/
Two Dribble Lay Ups	starting from outside the 3pt line, 2 dribbles from each wing, alternating sides	10	10/16	10/
Mid Range Jump Shots	5 spots midrange, make 2 from each spot, no dribble	10	10/18	10/
One Dribble Mid Range Jump Shots	using same 5 spots, starting outside 3pt line, take one dribble	10	10/25	10/
Free Throws	Taking time, shooting from the FT line	10	10/20	10/
Speed Dribble Lay Ups	fast as you can from half way	10	10/15	10/
<b>TOTALS</b>	<b>add up scores see your results</b>	<b>100</b>	<b>100/187 Shots Total</b>	<b>100/</b>

<b>Date:</b>	<b>Date:</b>	<b>Date:</b>	<b>Date:</b>
10/	10/	10/	10/
10/	10/	10/	10/
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100/	100/	100/	100/